

Notes from The ECOP Childcare Strategy Breakout Session MCH Conference

State Updates from Tracy Miller ECOP Specialist, CDPHE

1. Child and Adult Care Food Program (CACFP) Healthier Meals Initiative:

Meal Standards: The Colorado CACFP will adopt new nutrition guidelines during the summer of 2013. The guidelines include the following:

- ☐ 1% or fat-free milk for children ages 2 years and older
- ☐ Limit 100% fruit juice to twice per week
- ☐ Limit processed and pre-fried meats to once per week
- ☐ At least one whole grain product per day

Culinary Curriculum: A Healthier Meals Initiative grant was awarded to the CDPHE's CACFP by The Colorado Health Foundation to develop a culinary curriculum. The culinary curriculum will be available for use by local organizations and agencies to offer the training to local child care providers. Please stay tuned.

2. Cooking Matters for Child Care Professionals: Share our Strength's Cooking Matters provides culinary training to child care professionals. LPHAs can arrange to host a training for child care providers serving low income families by connecting with Andrea Rouge
arouge@strength.org

3. I am Moving, I am Learning (IMIL) is a fun curriculum for child care centers to implement physical activity into existing learning plans. Opportunities for potential trainers to be trained in IMIL are coming to Colorado soon! This is a great way to add physical activity to your coaching programs for child care providers. Please stay tuned.

Local Public Health Agencies' networking, sharing, and small group activities

Your questions of the day:

Question #1: What is your most significant achievement or immediate goal?

Responses

- CHIN Grant
- PHIP, WIC, and ECC Grants (Sherri Yahn, Northeast)
- Get BMI info for Pre-K-second graders for baseline data (Sue Kelly, Lincoln County)

- Key informant interviews and survey to determining appropriate facilities (Stacy Sloan and Mary Ustler, EPCPH)
- Healthy Communities Coalition (Jennie Wahrer, Eagle County)
- Addressing all day cares, preschools through Qualistar, educational opportunities through day cares/pre-schools. (Sandra, PCPH)
- Launched HEAL training and policy development program for childcare programs. (Sarah Scully, BCPH)
- Pueblo Community Obesity Work Team ("Weight of the Nations) Kickoff 4/1 (Fudge and Jo, PCCHD)
- Just beginning but we are partnering with the Early Childhood Council and have health goals in this area (Larimer)
- Establish partnerships or avenues to provide training (Mike and Kim, Weld County)
- Focus on obesity is in our PHIP (Helene)
- Remove juice/sugary drinks from daycare centers; 2 have done so already (Sara, Summit County PH)

Question #2: What is challenging you that you need help with?

Responses

- Finding Time (Sue Kelly, Lincoln County)
- Buy-in, \$ resources, family involvement (Fudge and Jo, PCCHD)
- Tools to provide training and guidance on tool implementation (Mike and Kim, Weld)
- Funding (Sarah Scully, BCPH)
- Consistent Messaging
- Developing a baseline survey with our PH student to assess activity and nutrition info in child care (Larimer)
- Next steps: How to set up mentoring programs with coaches (Stacy and Mar, El Paso County)
- Getting to know all the CCNC in our county
- Convincing parents, teachers, directors all the benefits (Sara, Summit County PH)
- Infants less than 4 months drinking much more than 32 oz of formula in 24 hours (Lindsey, NFP)
- Identify attainable, simple goals with minimal staff (Helene)
- In-home daycare (Karla, Danace, Diana, MCHD Mesa County Health)

*Tracy and I grouped all of the similar achievements and challenges into four topics:

1. Funding/resources
2. Data/Assessment
3. Goal Setting
4. Partnership/Coalitions

*The group was asked to self select their topic of choice and follow the instructions below to facilitate a discussion around that specific topic.

Step #1: Look at all the cards

Step #2: Discussion questions to consider as you network

1. What is your first reaction to the challenges?
2. What is your first reaction to the achievements?
3. What are some possible solutions to the challenge to make it an achievement?
 - What critical steps are necessary to achieve the proposed solution?
4. Who would be your best allies related to this specific challenge/achievement?
5. What/who are potential barriers related to this specific challenge/achievement?
6. How would you know when the challenge becomes an achievement?
7. What do you feel contributed to the success of the achievement?
8. How could the current achievement be maximized?

*After a 10 minute discussion, the participants could stay in their current conversation or switch groups to talk about a different topic.

*We displayed your responses to the questions below on the wall and the group was asked to get up and chat with their colleagues about the presented resources and partners.

Questions #3: What is the most helpful resource you know about?

- WIC/schools (Sandra, PCPH)
- Giving brochures to families
- 5210 goes to child care (Sarah Scully, BCPH)
- NFP, AAP, CDC, Local PCP's (Summit County PH)
- DEH-team approach
- Food Hubs used by schools (Theresa, Denver)
- Community Partners (Jennie Wahrer, ECO)
- WIC (Lindsey, NFP)
- State Programs (Helene)
- MCHD-Mesa Health, environmental health list of child care centers (Danace, Karla, Diana)
- Healthy Community Collaborative (Joy, ECOP)
- Children 1st, Early Childhood Council, WIC, Head Start, (Fudge and Jo, PCPH)
- Mary Ustler is a child care facility inspector-has relationships with centers (Stacy Sloan and Mary Ustler, ECPH)
- WIC (Sue Kelly, Lincoln)
- School of Public Health (Larimer)

Question #4: What non-traditional partner do you work with or intend to engage?

- Faith Based Organizations (Danace, Karla, Diana, MCHD-Mesa Health)
- Mental Health (Sarah Scully, BCPH)
- Alliance for Kids and Early Childhood Council (Stacy Sloan and Mary Ustler, ECPH)
- Cooperative Extension (Lindsey, NFP)
- Community Gardens
- Child Care Centers, internal ECOP Team, WIC, NFP, Women's Clinic, MCH (Joy, ECOP)
- DPS, ICCCs/CCNC
- Convenience Stores and Grocers (Sue Kelly, Lincoln County)
- Churches and grocery stores (Helene)
- Schools and child care centers (Sherri Yahn, Northeast)
- Business Partners (Jennie Wahrer, ECO)
- Childcare Centers and Child Health Council (Larimer)
- Rec Center and Church (Sandra, Park CO Public Health)

Most Valuable Takeaways from the session

- Reaching Homes
- Healthy Alternatives to health inspection barriers
- Barriers to implementation
- Alternatives to printing 5,2,1,0 for Childcare Toolkit
- Child Health Consultants

Resources Created by CDPHE to support this strategy

Reference Guide: This is a quick reference and resource guide for Local Public Health Agency Maternal and Child Health Programs who have chosen the childcare strategy. There are several resources included in this guide all of which will help you with your action plan. This guide focuses on two main resources: Let's Move Child Care and The Child Care MAPP. There is also a section included with a description to which resources pertain to components of the Action Plan.

Power Point: This presentation can be customized for specific audiences within your community.

Post Intervention Experience Assessment Form

*To receive these resources please contact us.

Contact Information

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